

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

Food Bytes

Bike to School

Do you like to ride your bike? Do you ride your bike to school? Kids from schools and communities across the U.S. will bike or roll in a wheel chair to school on the same day. May is National Bike to School Month. Bike to School Day is May 8.

How to Bike or Wheel to School?

- Involve students of all abilities—kids who can bike or use a wheel chair.
- Survey the route to school for safety.
- Host events on the school grounds if the route to school is unsafe or inaccessible.
- Plan for safe bike storage with bike racks or another designated location.
- Make sure all bicyclists wear helmets.

Why Bike or Wheel to School?

- Fun—Biking and wheeling to school with friends is fun!
- Healthier Habits—The trip to school is a chance for kids (and adults) to be active.
- Cleaner Environment—Replacing vehicle trips with active transportation can reduce congestion and air-polluting emissions.
- Promoting Safety—Building sidewalks, creating bike lanes or crosswalks, providing education and adding traffic calming measures improve safety.

Nutrilink: www.walkbiketoschool.org

May

- National Bike to School Day (May 8)
- School Nutrition Employee Week (May 6-10)

K-12 Breakfast Menu

All Grain items are Whole Grain

May 2019

		Wednesday, May 1	Thursday, May 2	Friday, May 3
<div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> 1% Low-fat Milk & Chocolate Milk offered with Breakfast and Lunch </div>		WW Bagel 100% Fruit Juice Mandarin Oranges-canned	Pancake bites w/ syrup 100% Fruit Juice Fresh Fruit	Breakfast Pizza 100% Fruit Juice Pears-canned
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
WG Cereal String Cheese 100% Fruit Juice Apricots-canned	Pancake on a stick w/ syrup 100% Fruit Juice Fresh Fruit	Biscuit & Gravy 100% Fruit Juice Applesauce-canned	Sausage Breakfast Sandwich 100% Fruit Juice Fresh Fruit	WG Muffin 100% Fruit Juice Peaches-canned
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Waffles w/ syrup 100% Fruit Juice Fruit Cocktail-canned	WG Donut 100% Fruit Juice Fresh Fruit	WW Bagel 100% Fruit Juice Pineapple-canned	Breakfast Burrito 100% Fruit Juice Fresh Fruit	WG Cinnamon Roll 100% Fruit Juice Pears-canned
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
Chef's Choice of Entrée, Grain, & Fruit	Chef's Choice of Entrée, Grain, & Fruit	Chef's Choice of Entrée, Grain, & Fruit	Chef's Choice of Entrée, Grain, & Fruit	Chef's Choice of Entrée, Grain, & Fruit
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
	Chef's Choice of Entrée, Grain, & Fruit		<i>SUMMER Vacation</i>	

Menus are subject to change.

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This institution is an equal opportunity provider.